

*All classes are 12 weeks, unless noted  
CLASSES BEGIN week of 09/18/06  
First fee listed is the DISCOUNT RATE for  
Scottsdale Residents; second fee is actual  
costs to be paid by registrants who do not  
pay Scottsdale Property Taxes.*

*See page 4 for facility code/addresses. Age 15  
and over unless noted in class descriptions.*



## ■ Art

### ART 101

(3 hr class) New and continuing students will enjoy this class that uses all mediums to focus on the fundamentals of drawing and painting. Learn to develop or enhance your skills using your personal expression to complete projects.

58327	6:00 pm	W	ELDO	\$74(R)/\$111(N)	Powell
58328	9:00 am	Sa	ELDO	\$74(R)/\$111(N)	Powell

### CERAMICS

(3 hr class) Students will explore hand building, wheel throwing, texture, decoration, glazing and firing with an emphasis on design and form. Beginning to advanced welcome. Supplies to bring to class: 25lbs Cone 5 clay, basic pottery tools, wood knife, pin tool, cutting wire, rib, sponge, brushes, apron and small bucket.

56969	5:45 pm	M	GRSC	\$162(R)/\$243(N)	Peterson
56970	5:45 pm	Th	GRSC	\$162(R)/\$243(N)	Peterson
56971	9:30 am	Sa	GRSC	\$162(R)/\$243(N)	Peterson

### DRAW/PAINT

(3 hr, 11 week class) Beginning level classes in drawing and all media of painting - oils, acrylics, and watercolor. Emphasis is on individual attention and projects.

56995	9:00 am	M	ELSO	\$92(R)/\$138(N)	Chestney
56996	6:30 pm	M	ELSO	\$92(R)/\$138(N)	Chestney
56997	9:30 am	W	ELSO	\$92(R)/\$138(N)	Chestney
56998	1:00 pm	W	ELSO	\$92(R)/\$138(N)	Chestney
56999	1:00 pm	F	ELSO	\$92(R)/\$138(N)	Chestney

### DRAW/PAINT - INTERMEDIATE

(3 hr, 11 week class) Intermediate class: must have previously completed one of Anita Chestney's beginning Draw/Paint classes listed above.

57001	6:30 pm	Tu	ELSO	\$92(R)/\$138(N)	Chestney
57002	9:30 am	Th	ELSO	\$92(R)/\$138(N)	Chestney
57003	1:00 pm	Th	ELSO	\$92(R)/\$138(N)	Chestney

### DRAWING

(3 hr class) For ages 18 and older. A thorough course covering various techniques and media. Learn accuracy techniques using most drawing materials and more. Emphasis is on learning to see as the artist does. Supply lists will be provided after registration.

57004	9:00 am	Th	ELDO	\$78(R)/\$117(N)	Levine
-------	---------	----	------	------------------	--------

### JEWELRY MAKING - BEGINNING/INT

(3 hr class) This class is designed as an introduction to jewelry making as well as a class for those with experience. We will learn the basics of sawing, soldering, roller printing, casting and finishing technique and design. There will be demonstrations as well as individual attention given for projects. Some supplies required \$50 - \$75 depending on project.

**For both Beginner and Intermediate levels**

57057	6:30 pm	W	ELDO	\$78(R)/\$117(N)	Berger-Taylor
57058	6:30 pm	Th	ELDO	\$78(R)/\$117(N)	Berger-Taylor

### OIL AND ACRYLIC PAINTING

(3 hr class) For ages 18 and older. For both beginners and more advanced students. Explore color, style and various techniques to help the student express his or her individual vision.

57074	9:00 am	F	ELDO	\$78(R)/\$117(N)	Levine
-------	---------	---	------	------------------	--------

### PHOTOGRAPHY - HOW TO TAKE GREAT PHOTOS

(2 hr class) Learn the basics of how to use a camera. Ascertain the various elements of design. Discover how to really 'see' your subject matter before clicking the button. All camera types ok. Topics will include composition, lighting, action, portraiture, landscapes, architecture, and still-life photography. Additional fee of approximately \$28.50 for required course textbook. Details will be provided on confirmation receipt.

57075	6:30 pm	Tu	VIAL	\$80(R)/\$120(N)	Gulino
-------	---------	----	------	------------------	--------

**Intermediate level class** - assumes student has some working knowledge of camera's manual settings. All camera types okay. This class is repeatable. Focus is on delving into a more artistic exploration of photography, with different, interesting projects and critiques each week.

57076	6:30 pm	Th	HRZN	\$80(R)/\$120(N)	Gulino
-------	---------	----	------	------------------	--------

### POTTERY - BEGINNING

(3 hr, 10 week class) Introduction to basic pottery techniques, including coil, pinch, slab, wheel, and glazing. Bring basic pottery tools (cutting wire, brushes, sponge, pin tool) and 25 lbs Cone 5 clay to first class.

57088	9:00 am	Th	ELDO	\$121(R)/\$182(N)	Murphy
-------	---------	----	------	-------------------	--------

### POTTERY - OPEN STUDIO

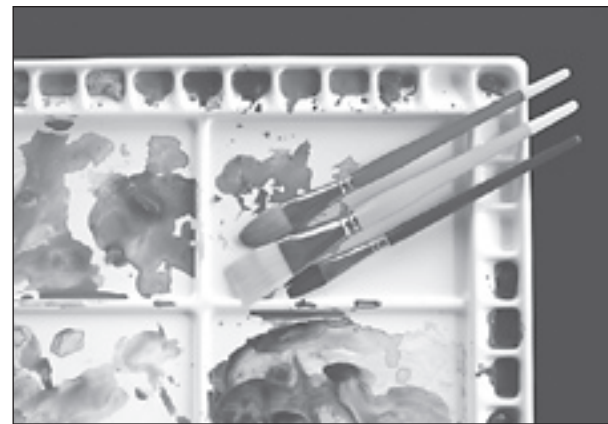
(3 hr, 10 week class) Facility for working on your clay projects independently. Equipment available for use includes wheels, slab roller, extruder, basic glazes and electric kiln firing to Cone 5. NO INSTRUCTION.

57089	9:00 am	Tu	ELDO	\$121(R)/\$182(N)	Murphy
57090	12:30 pm	Tu	ELDO	\$121(R)/\$182(N)	Murphy
57091	12:30 pm	Th	ELDO	\$121(R)/\$182(N)	Murphy

### SEWING

(2.5 hr class) The class is for all levels of skill. Learn selection of fabric, pattern, layout and construction. Bring pattern, fabric pins, and scissors to first class. Individual instruction. Complete several projects during this class.

57106	6:30 pm	Th	ELDO	\$63(R)/\$95(N)	Walters
-------	---------	----	------	-----------------	---------



### SCRAPBOOKING

(2 hr, 4 week workshop) Already know how to scrapbook, but just wish you had more time and space to do it? Come crop at Via Linda! The 4-week sessions will give you one evening each week to work without interruption. Bring your album and tools. The instructor will be available to assist you as you work on completing your album. New to scrapbooking? Come and we will help you get started.

**Class starts September 7th**

57098	6:30 pm	Th	VIAL	\$24(R)/\$36(N)	Speranzo
-------	---------	----	------	-----------------	----------

**Class starts October 5th**

58235	6:30 pm	Th	VIAL	\$24(R)/\$36(N)	Speranzo
-------	---------	----	------	-----------------	----------

### WATERCOLOR PAINTING

(3 hr class) For ages 18 and older. Transparent watercolor for the beginning as well as intermediate student will include basic techniques, color and composition using landscape, still life and portrait. Individual attention with emphasis on learning to see as the artist does.

57149	9:00 am	Tu	ELDO	\$78(R)/\$117(N)	Levine
-------	---------	----	------	------------------	--------

## ■ Business

### HOW TO BUY OR LEASE YOUR NEXT NEW CAR

(4 hr workshop) BUY/LEASE YOUR NEXT CAR in 1/2 the time for 1/2 the markup! Spend a few hours and learn how the system really works. Amateurs go showroom shopping, but the pros go to the Fleet Manager for wholesale pricing. Ignore all the advertising, skip the add-ons, avoid the traps and buy new or used like a pro. REQUIRED manual and working papers are an additional \$10, payable to instructor at class.

**Class will be held October 14th**

57369	8:30 am	Sa	HRZN	\$15(R)/\$23(N)	C Jones
-------	---------	----	------	-----------------	---------

### NEW AZ RESIDENTS- TAX AND TRUST LAWS

(1.5 hr, 2 week class) For ages 21 and over. If you are a new Arizona resident or have not updated your estate plan since you became an Arizona resident, you need to attend this class to learn the impact of many unique Arizona tax matters and local laws which impact you and your family. Understand the concept of community property, living wills, power of attorney, local estate taxes, and community property with right of survivorship and Arizona income tax laws. Learn the impact on your existing estate plan if you make no changes because of Arizona's unique property laws.

**Class starts October 11th**

57073	7:00 pm	W	MTNV	\$11(R)/\$17(N)	Bredeman
-------	---------	---	------	-----------------	----------



# Leisure Education Classes

RESIDENT REGISTRATION STARTS AUGUST 9TH

All classes are 12 weeks, unless noted  
**CLASSES BEGIN week of 09/18/06**  
First fee listed is the **DISCOUNT RATE** for  
Scottsdale Residents; second fee is actual  
costs to be paid by registrants who do not  
pay Scottsdale Property Taxes.

See page 4 for facility code/addresses. Age 15  
and over unless noted in class descriptions.



## THE TRUTH ABOUT TRUSTS, WILLS, & PROBATE

(2.5 hr workshop) Establish or refine your financial and estate planning goals. Learn easy ways to avoid probate; the ins and outs of wills, trusts, living wills and powers of attorney; how recent law changes have impacted your documents; the potential dangers of joint ownership; the power and risks of community property ownership; how to protect your assets, how to minimize legal fees and court costs and how to disinherit the IRS.

**Class will be held on October 4th**

57141	9:30 am	W	CCLB	\$7(R)/\$7(N)	Harnden
-------	---------	---	------	---------------	---------

## TRUSTS, WILLS AND ESTATE TAXES

(1.5 hr, 2 week class) For ages 21 and up. Unravel the mystery surrounding trusts, wills and other estate planning instruments. Find out why estate taxes are voluntary. Learn how to hold title to assets and use community property to save thousands of dollars in income taxes. Discover what only an Attorney and CPA with 30 years of experience in estate planning can tell you about the common mistakes to avoid. Free Living Will Form will be provided.

**Class starts October 12th**

57147	7:00 pm	Th	HRZN	\$11(R)/\$17(N)	Bredeman
-------	---------	----	------	-----------------	----------

## ■ Communication/ Language

### ITALIAN - BEGINNING

(1.5 hr, 9 wk class) Are you planning a trip to Italy and would like to make it more enjoyable by learning some basic language skills? This is an introductory level Italian course that will include culture, food and geography. Build your language proficiency in a supportive, low pressure environment.

57460	11:00 am	W	ELDO	\$48(R)/\$72(N)	Mascaro
57755	7:30 pm	W	MTNV	\$48(R)/\$72(N)	Mascaro



### BABY SIGNS

(3 hr workshop) The Baby Signs Workshop is a one-time, 3 hr workshop for parents that will provide individualized attention as you learn the Baby Signs approach to language development for children 6 months to 3 years of age. This class focuses on signing and speaking with your infant / toddler and will teach you everything you need to know to begin using Baby Signs immediately. This is the perfect answer for the busy parent or caregiver who wants quick ideas on how to increase talking and attention while reducing frustration for the whole family. An additional \$40 is payable to instructor at class for The Parent Workshop Kit. Class is intended for the adult/caregiver only.

**Class will be held on September 25th**

56950	5:30 pm	M	HRZN	\$24(R)/\$36(N)	Carr
-------	---------	---	------	-----------------	------

**Class will be held on September 27th**

56949	6:00 pm	W	ELDO	\$24(R)/\$36(N)	Carr
-------	---------	---	------	-----------------	------

### LET'S TALK FRENCH - BEGINNING

(1.5 hr class) A fun and easy cultural approach to this exciting romance language. You will learn the basic communication skills with emphasis on practical conversation using elementary grammar with a caring and challenging French native instructor.

57064	6:00 pm	Tu	HRZN	\$57(R)/\$86(N)	Boustila
-------	---------	----	------	-----------------	----------

### LET'S TALK FRENCH - INTERMEDIATE

(1.5 hr class) Continue your French experience and expand your skills in this intermediate class. Designed for those who have completed the beginner level or who need a refresher course.

57065	6:30 pm	W	HRZN	\$57(R)/\$86(N)	Boustila
-------	---------	---	------	-----------------	----------

### LET'S TALK FRENCH ADVANCED

(1.5 hr class) Building a strong vocabulary with emphasis on group conversation. Review of the simple tenses with a focus on the conditional. Be prepared for the challenge. This is a conversational class and previous French experience is necessary. A Bientot.

57066	7:30 pm	Tu	HRZN	\$57(R)/\$86(N)	Boustila
-------	---------	----	------	-----------------	----------

### SPANISH - LEVEL 1

(2 hr class) Introductory level designed for those who have never studied Spanish or for those who need a refresher starting at the entry level. Emphasis is placed on learning basic vocabulary and present tense conjugation. An ADDITIONAL fee of \$17 for course text is required. Details will be provided on registration confirmation receipt.

57108	5:00 pm	M	VIAL	\$66(R)/\$99(N)	TBA
57109	6:15 pm	Tu	HRZN	\$66(R)/\$99(N)	TBA
57110	6:30 pm	Th	ELDO	\$66(R)/\$99(N)	TBA

## ■ Cooking

### GRAPE GRAZING

(1.5 hr workshop) For ages 21 and over. This wine tasting class will give the participant the tools for evaluating wines and developing confidence when ordering wines. Topics to be covered include: tasting terms, proper use of glassware, characteristics for six of the most common wines, food pairings, proper wine etiquette in restaurants, wine storage and how to properly toast. No wines will be served during the class. An optional wine tasting session will be held off City of Scottsdale property for an additional cost.

**Class will be held September 13th**

58234	6:30 pm	W	MTNV	\$11(R)/\$17(N)	Blethen
-------	---------	---	------	-----------------	---------

### SOUTHWEST SPECIALTIES

(1 day workshops) Learn traditional methods of preparation for some of the southwest's signature culinary items. Make your own home made tortillas, frybread, or just in time for the holidays - tamales! Choose one workshop or register for all three!

**Traditional Tortillas - 1.5 hr workshop, September 23rd**

57359	10:00 am	Sa	Eldo	\$15(R)/\$23(N)	Dempsey
-------	----------	----	------	-----------------	---------

**Fantastic Frybread - 2.5 hr workshop, October 21st**

57360	10:00 am	Sa	Eldo	\$15(R)/\$23(N)	Dempsey
-------	----------	----	------	-----------------	---------

**Tasty Tamales - 3 hr workshop, November 18th**

57361	10:00 am	Sa	Eldo	\$33(R)/\$50(N)	Dempsey
-------	----------	----	------	-----------------	---------

### WINE ETIQUETTE

(2.5 hr workshop) Ages 21 and over. Learn about wine experts and when to use them, dealing with wine at home and in restaurants, food pairing tips, serving temperatures for wines, what to do with the cork, proper glassware, serving wine, how and when to toast, and the basics of wine tasting. There will be a separate charge for an optional wine tasting session following the class.

**Class will be held September 6th**

57151	6:30 pm	W	MTNV	\$13(R)/\$20(N)	Blethen
-------	---------	---	------	-----------------	---------





*All classes are 12 weeks, unless noted  
CLASSES BEGIN week of 09/18/06  
First fee listed is the DISCOUNT RATE for  
Scottsdale Residents; second fee is actual  
costs to be paid by registrants who do not  
pay Scottsdale Property Taxes.*

*See page 4 for facility code/addresses. Age 15  
and over unless noted in class descriptions.*

## ■ Dance



### BALLET - INTERMEDIATE TEEN/ADULT

(1hr 15 min, 11-week class) Ages 13 and up. Come and enjoy this new extended time ballet class. Warm ups at barre, technique center/across floor ballet combinations and ballet choreography. This class will offer a great workout, ballet training and fun in a comfortable environment.

56951 6:00 pm M HRZN \$46(R)/\$69(N) Lawton

### BALLET BEGINNING TEEN/ADULT

(45 min, 11-week class) Ages 13 and up. This class is designed for the beginning student or those with less than 2 years of Ballet class training. This casual and fun class will offer a great workout while learning ballet basics, technique, terminology and ballet combinations.

56952 4:45 pm M HRZN \$30(R)/\$45(N) Lawton

### BASIC POINTE

(30 min, 11-week class) Ages 13 and up. This challenging class covers barre, center floor, basic pointe technique and dance combinations. **Need instructor's approval to take this class. Must also be registered in Ballet-Intermediate class Mondays at 6:00pm.**

56957 5:30 pm M HRZN \$22(R)/\$33(N) Lawton

### BELLY DANCE & TONE

(1 hr class) Ages 16 and over. Sculpt and tone your body with this fun and challenging dance workout! Included will be exercises to strengthen and firm. Open to all levels.

56958 7:30 pm M RIO \$47(R)/\$71(N) Haag

56959 7:30 pm Tu HRZN \$47(R)/\$71(N) Haag

56960 7:30 pm W HRZN \$47(R)/\$71(N) Haag

### JAZZ - BEGINNING TEEN/ADULT

(45 min, 11-week class) Ages 13 and up. Have fun learning jazz warm ups, isolations, turns and jazz combinations. This is a great way to enjoy a workout while learning all about Jazz! Mothers and daughters are welcome to come and join the fun together.

57055 8:00 pm M HRZN \$30(R)/\$45(N) Lawton

### JAZZ - INTERMEDIATE TEEN/ADULT

(45 min, 11-week class) Ages 13 and up. Intermediate level of jazz dance for those who need a review of basics or are ready to move up to intermediate level. Floor and barre exercises, turns, and jazz combinations across the floor will keep you moving. Dance to show tunes/Broadway stage style.

57056 7:15 pm M HRZN \$30(R)/\$45(N) Lawton



### POLYNESIAN DANCE - TEEN/ADULT

(45 min, 11-week class) Ages 13 and up. Hula, Tahitian and Maori - learn Modern and Traditional dances using the movements of the hands, hips and feet to create dances and interpretations of island music and song. Come join the Aloha Spirit and enjoy great fun and exercise!

#### Beginner Level

57086 4:00 pm M HRZN \$30(R)/\$45(N) Lawton

**Intermediate/Advance Level-** Previous dance experience will make this class most enjoyable. Fast moving dances reviewed and practiced and new dances taught.

57087 7:00 pm Th RIMO \$30(R)/\$45(N) Lawton

### SALSA

(1 hr class) This class will have fun learning the Salsa, an up-tempo dance done in nightclubs around the valley. You and your partner will learn to lead and follow to the exciting Latin Rhythm! Come and join us for the international sensation of dance! Sign up early, for this class is very popular! Ciao! This is a couple's class and each person needs to register.

#### Beginner Level

57095 6:00 pm Tu LMDP \$48(R)/\$72(N) Nienstedt

57097 11:00 am Sa CACT \$48(R)/\$72(N) Nienstedt

#### Intermediate Level

57096 8:00 pm Tu LMDP \$48(R)/\$72(N) Nienstedt

### SWING DANCE - BEGINNER

(1 hr class) It don't mean a thing if it ain't got that swing. Learn basic steps of the Jitterbug, Charleston and the Lindy Hop. We will be leading and following, turns, and kicks in the East Coast Swing style. We will have you on the dance floor in no time! This is a couple's class and each person needs to register.

57119 7:00 pm Tu LMDP \$48(R)/\$72(N) Nienstedt

57120 10:00 am Sa CACT \$48(R)/\$72(N) Nienstedt

### SWING DANCE - INTERMEDIATE

(1 hr class) Jump, jive and wail! Learn new steps and dance to faster music. We will also dabble with the more complex Lindy Hop. Style and footwork will be taught on the way to making real Hepcats! Some dance experience recommended. This is a couple's class and each person needs to register.

57121 9:00 am Sa CACT \$48(R)/\$72(N) Nienstedt

### TAP - INTERMEDIATE TEEN/ADULT

(45 min, 11-week class) Ages 13 and up. Tap to the many styles of this American Folk Dance technique taught using Tap terminology. Combinations taught and reviewed. Rythm, Buck & Way, Soft Shoe and Hollywood. Previous tap training will make this class more enjoyable. Come joining the fun!

57126 6:15 pm Th RIMO \$30(R)/\$45(N) Lawton

## ■ Fitness



### AEROBIC BOOGIE

(1 hr, 11-week class) Bored with your exercise, aerobics and fitness class? You won't be when you try aerobic boogie - the fun low impact, easy to follow Dance / Aerobic class. You will be movin' and grovin' to a mix of the best dance tunes from the 50's, 60's, 70's and 80's. This class is for the beginner to advanced in shape or out of shape adult who seeks an hour of great fun while burning calories, toning, releasing stress and getting into shape!

56945 5:30 pm Tu RIMO \$36(R)/\$54(N) Stuart

56946 5:30 pm W RIMO \$36(R)/\$54(N) Stuart

### AEROBICS - STEP

(1 hr class) An exciting and energetic total body aerobic workout. Toning exercises for the upper body, abs, hip and thighs are also included.

#### 16 week class

56947 6:00 pm Tu, Th HRZN \$93(R)/\$140(N) Martin

### FIT, FIRM & FUN

(1 hr, 14-week class) Ages 20 and over. Do something good for yourself! Perk up your morning with a fitness class. We'll do a warm-up, low-impact cardio, muscle conditioning using small weights and bands, a cool-down and stretching for flexibility.

57006 7:00 am M, W, F ELDO \$99(R)/\$149(N) Bernstein

### FIT FOR LUNCH

Use your lunch break to help meet your fitness goals. Get a 45 minute workout completed before the workday is over. Class will include cardiovascular, stretching and toning exercises. Class conveniently located at Scottsdale Stadium and would be great for people who work close to the area.

58294 12:05 pm W STAD \$48(R)/\$72(N) TBA





# Leisure Education Classes

RESIDENT REGISTRATION STARTS AUGUST 9TH

All classes are 12 weeks, unless noted  
**CLASSES BEGIN week of 09/18/06**  
First fee listed is the **DISCOUNT RATE** for  
Scottsdale Residents; second fee is actual  
costs to be paid by registrants who do not  
pay Scottsdale Property Taxes.

See page 4 for facility code/addresses. Age 15  
and over unless noted in class descriptions.

## LATIN AEROBIC DANCE

(1 hr class) How would you like to Salsa, Merengue, Cha Cha and learn to exercise the Latin way? Here is your chance to move to a variety of wonderful rhythmic music and have fun at the same time! For those looking for a different type of workout with a bit of pizzazz, this is it! Learn to dance like Shakira and JLo! Quick movements are mixed with lots of style to teach you to sweat as the Latins do! No previous dance experience required.

57355	6:00 pm	M	RIMO	\$36(R)/\$54(N)	Molina
-------	---------	---	------	-----------------	--------

## SENIOR FITNESS

(45min, 16 week class) For the mature participant. Class consists of stretching and toning exercises. Each participant is encouraged to work at his/her own level of comfort.

57511	10:15 am	Tu,Th	ELDO	\$40(R)/\$60(N)	McNeely
-------	----------	-------	------	-----------------	---------

## SHIFT YOUR SHAPE

(45 min class) A mat workout that promotes flexibility, balance, strength, and well being. Emphasis is on abdominals, thighs, buttocks and back. Exercise at your own pace in a friendly atmosphere.

57107	1:15 pm	Tu, Th	ELDO	\$37(R)/\$56(N)	Reznikoff
-------	---------	--------	------	-----------------	-----------

## STEP & STRENGTHEN

(1 hr class) This is a class designed for fun and fitness for all ages. This aerobic step class is working with the basics at first for those new to step interspersed with strength work for the legs, upper body and core.

57117	9:15 am	Sa	HRZN	\$43(R)/\$65(N)	Alfraid
-------	---------	----	------	-----------------	---------

## SUPER CIRCUIT

(1 hr class) Don't let the name fool you. This is a fun way to get both a cardio and strength conditioning workout into your day. Alternate aerobic and strength stations to a variety of music in order to help improve your heart and lungs, power strength, balance and coordination.

57118	10:30 am	Sa	HRZN	\$43(R)/\$65(N)	Alfraid
-------	----------	----	------	-----------------	---------

## PILATES

(1 hr class) This beginning Pilates class will focus on strengthening your body core, stability and balance. All levels of athletic ability are encouraged to attend.

### For Beginners

57081	10:00 am	M	CACT	\$43(R)/\$65(N)	Romero
57080	7:00 pm	Tu	CACT	\$43(R)/\$65(N)	Romero
57082	10:00 am	W	CACT	\$43(R)/\$65(N)	Romero

**For Beginner/Intermediate Levels** who prefer a faster paced class

56916	5:45 pm	W	CACT	\$43(R)/\$65(N)	Alfraid
56917	7:00 pm	W	CACT	\$43(R)/\$65(N)	Alfraid

### 15 week class

57084	6:00 pm	W	HRZN	\$47(R)/\$71(N)	Martin
-------	---------	---	------	-----------------	--------



## PREGNANCY YOGA

(1 hr, 11-week class) During pregnancy, your body can make all the changes much easier if you focus on the areas that will need the most attention. Pregnancy Yoga is the answer to feeling healthier and more energetic, preparing for childbirth and to enhance your recovery.

**Class starts October 5th.**

57093	7:15 pm	Th	HRZN	\$43(R)/\$65(N)	Sprenkeling
-------	---------	----	------	-----------------	-------------

## TAI CHI CHUAN

(1.5 hr class) \*10:30 class is for advanced participants. Tai Chi Chuan is a slow, graceful, rhythmic exercise that promotes good health and works on balance and concentration.

57122	9:00 am	M	ELDO	\$40(R)/\$60(N)	Isaacson
57123	5:30 pm	W	GRSC	\$40(R)/\$60(N)	Isaacson
57124	8:45 am	Sa	PNCC	\$40(R)/\$60(N)	Isaacson
57125	10:30 am	Sa	PNCC	\$40(R)/\$60(N)	Isaacson

## YOGA - A HEALTHY WAY TO LIVE

(1.5 hr, 8 week class) Hatha Yoga - Gentle movements for average flexibility to stretch, tone and strengthen the body for self healing. Students relax, release stress hidden from within, and stimulate the entire body. A variety of breathing techniques and inspiring meditations are utilized.

57153	8:30 am	Th	ELDO	\$64(R)/\$96(N)	Francies
-------	---------	----	------	-----------------	----------

## YOGA - BEGINNING

(1.5 hr class) These classes help you find balance within your body, mind and spirit. The physical practice uses poses which both stretch and strengthen the body. This time is used to find ways to relax, release stress and create a better awareness of the body. Beginning yoga is for those with little or no yoga experience or for those who want to continue studying the basics. All classes include breath work, relaxation and meditation.

57154	6:00 pm	M	MTNV	\$69(R)/\$104(N)	Sikes
57155	7:45 pm	M	MTNV	\$69(R)/\$104(N)	Sikes
57156	6:00 pm	M	LMDP	\$69(R)/\$104(N)	Lester
58272	9:30 am	M	STAD	\$69(R)/\$104(N)	Sikes
58273	11:00 am	M	STAD	\$69(R)/\$104(N)	Sikes
58276	6:00 pm	Tu	STAD	\$69(R)/\$104(N)	Sikes
57157	10:30 am	Tu	CACT	\$69(R)/\$104(N)	Arteaga
58277	7:45 pm	Tu	STAD	\$69(R)/\$104(N)	Sikes
57158	6:30 pm	W	AZSC	\$69(R)/\$104(N)	Lester

## YOGA - INTERMEDIATE

(1.5 hr class) These classes help you find balance within your body, mind and spirit. The physical practice uses poses which both stretch and strengthen the body. This time is used to find ways to relax, release stress and create a better awareness of the body. Intermediate classes are for those who feel ready to move on in their yoga practice. All classes include breath work, relaxation and meditation.

57161	8:30 am	Tu	MTNV	\$69(R)/\$104(N)	Arteaga
57162	8:30 am	Th	MTNV	\$69(R)/\$104(N)	Arteaga

## Parent/Child

### GROWING TOGETHER

(45 min class) Learning and fun, all in one! Come join us in this parent and child class to introduce your child to music, colors, numbers and the alphabet in a pre pre-school setting. You get to meet and mingle with others who want to be involved in their child's formative years. This helps prepare your little one for the giant step to pre-school without you! Only one child per adult is permitted.

**For 24 - 36 months**

57019	9:45 am	M	MTNV	\$75(R)/\$113(N)	Hunter
57020	10:45 am	M	MTNV	\$75(R)/\$113(N)	Hunter
57022	9:45 am	W	CHAP	\$75(R)/\$113(N)	Hunter
57023	10:45 am	W	CHAP	\$75(R)/\$113(N)	Hunter

### GROWN UP & TOT ART

(45 min class) This class offers an exceptional opportunity for 2.5 to 3 year olds to work independently with a grown up at their side. After a brief demonstration by the instructor, everyone is on his or her own using paint, glue, pastels etc. It's 45 min of lively activity, creativity, and conversation. More than one child per adult is permitted for this class.

57025	10:00 am	F	PNCC	\$57(R)/\$86(N)	Skalski
-------	----------	---	------	-----------------	---------

## PAIUTE PLAYHOUSE

(1.5 hr, 8 wk class) For kids 2.5 to 5 years of age with parent. This is a parent child interactive class where participants take part in arts and crafts, story time, music, sports and much more! If you can not commit to every class come and drop in for \$7.00 a class - as space permits. Only two children per adult is permitted.

58303	9:30 am	Th	PNCC	\$27(R)/\$41(N)	TBA
-------	---------	----	------	-----------------	-----





*All classes are 12 weeks, unless noted  
CLASSES BEGIN week of 09/18/06  
First fee listed is the DISCOUNT RATE for  
Scottsdale Residents; second fee is actual  
costs to be paid by registrants who do not  
pay Scottsdale Property Taxes.*

*See page 4 for facility code/addresses. Age 15  
and over unless noted in class descriptions.*

## TRASH TRUCKS AND TINY TRIPS

(1 hour field trip for kids 2 to 5 years of age and an adult)  
Is your child thrilled at the sight of a garbage truck picking up trash-cans? Do they stare in amazement as a fire engine zooms by with lights and sirens roaring?! Sign up for one of the tiny trips below and your child will get the chance to visit a fire station as well as get a close up look at the great garbage truck! Register under the child's name. Parent/Guardian is responsible for their own transportation to the site and your instructor will call and let you know where to meet. What fun!!!! Only one child per adult is permitted.

### Trash Truck Trip – Held at the City of Scottsdale Transfer Station at 8417 E. Union Hills

57143	10:00 am	Th	\$11(R)/\$17(N)	Trip on 10/5
57144	10:00 am	Th	\$11(R)/\$17(N)	Trip on 11/2
58275	10:00 am	Th	#11(R)/\$17(N)	Trip on 12/7

### Fire Engine Trip

57145	9:30 am	W	\$11(R)/\$17(N)	Trip on 10/11
57146	9:30 am	W	\$11(R)/\$17(N)	Trip on 11/8

## ■ Performing Arts

### GUITAR - BEGINNING

(45 min class, 9 week class) This easy, speed learning course will actually have you playing and singing songs after the first session! Chord strums & fundamental music training will apply to all types of music. Guitars can be rented from your local music store. Six string guitars only.

#### Class starts October 2nd

57026	6:00 pm	M	CHES	\$48(R)/\$72(N)	Roe
57027	7:00 pm	M	CHES	\$48(R)/\$72(N)	Roe
57028	6:00 pm	Tu	CHES	\$48(R)/\$72(N)	Roe

### GUITAR - INTERMEDIATE

(45 min, 9 week class) This course is designed for people who already are familiar with guitar. Six string guitars only.

#### Class starts October 3rd

57029	7:00 pm	Tu	CHES	\$48(R)/\$72(N)	Roe
-------	---------	----	------	-----------------	-----

### PIANO/KEYBOARD - Teen/Adult Level 1

(1 hr, 7 week class) For ages 13 and up. From Santana to Sinatra; from the Beatles to Bach and Beethoven; from Broadway hits such as Phantom and Cats; to movie themes from the Titanic, Star Wars, James Bond and Lord of the Rings. This unique award winning method teaches keyboard skills on real songs you know and love! The program uses visual tools that show students how music works. Learn to read music on the treble clef in a lead sheet format and play chords using our exclusive chordometer. Keyboards are provided for each student for classroom use; and all music materials are included at no extra charge. Call Elements Music at 623-933-0681 for more info. This course is not available for fee assistance.

57077	6:30 pm	W	HRZN	\$116(R)/\$174(N)	Elements
-------	---------	---	------	-------------------	----------

## ■ Personal Development

### COMPUTERS - BASIC WINDOWS

(2 hr, 5 week class) This hands on Windows class is designed for beginners to learn basic Windows concepts. The class will cover Windows layout and operation, file and folder management along with customization and maintenance.

#### Class starts September 21st

56986	6:30 pm	Th	GRSC	\$32(R)/\$48(N)	Magdziarz
-------	---------	----	------	-----------------	-----------

### COMPUTERS - EXCEL

(2 hr, 5 week class) Create and analyze data in spreadsheet form using formulas, graphs, charts, macros and more. Windows experience is required.

#### Level 1 - Starts September 20th

56987	6:30 pm	W	GRSC	\$32(R)/\$48(N)	Magdziarz
-------	---------	---	------	-----------------	-----------

#### Level 2 - Starts October 25th

Continue with Excel by exploring macros and other advanced Excel topics. Excel I class is required prerequisite.

56988	6:30 pm	W	GRSC	\$32(R)/\$48(N)	Magdziarz
-------	---------	---	------	-----------------	-----------

### COMPUTERS - MULTI MEDIA

Introduction to digital photography, cameras, scanners, software, Adobe Photoshop and more.

#### Class starts October 26th

58270	6:30 pm	Th	GRSC	\$32(R)/\$48(N)	Magdziarz
-------	---------	----	------	-----------------	-----------

### COMPUTERS - POWERPOINT

(2 hr, 5 week class) This class will provide an introduction to the presentation program, Microsoft Power Point. Learn how to create simple presentations, create and edit slides, insert clipart, photos and graphs, apply designs, work with views, transitions and sounds and run the slide show. Class will also cover how to save, print and open presentations.

#### Class starts October 24th

56990	6:30 pm	Tu	GRSC	\$32(R)/\$48(N)	Magdziarz
-------	---------	----	------	-----------------	-----------

### COMPUTERS - WORD PROCESSING 101

(2 hr, 5 week class) Learn how to use Microsoft Word. An introduction to this word processing program will teach you about: formatting, saving, cutting, copying, pasting, using spell check, and creating labels and envelopes.

#### Class starts September 19th

56991	6:30 pm	Tu	GRSC	\$32(R)/\$48(N)	Magdziarz
-------	---------	----	------	-----------------	-----------



### DOG OBEDIENCE

(1 hr, 8 week class) For dogs and puppies 4 months and up. Must have all shots. For your pets safety, dogs should be fully vaccinated. You will need a 6 foot training leash and collar for class. Class covers all basic commands: heal, sit, down, come and stay with correction based techniques. Behavioral problems will be discussed.

56992	7:30 pm	Tu	ELDO	\$43(R)/\$65(N)	Strauss
56993	7:30 pm	Th	CACT	\$43(R)/\$65(N)	Strauss

### DOG OBEDIENCE - "THE SEQUEL"

(1hr, 4wk class) Has your 4-legged friend completed our dog obedience course and just not had enough? Here's your chance to take your training to the next level. This course will build on the basics. Your dog needs to be able to reliably perform heal, sit/stay, down/stay and come. You will be reinforcing all the basics plus working on your dog responding to commands at a distance and more challenging healing exercises. All work will be done on lead (6 foot training and long line). However there will be discussion of how to transition to off lead work. For your dog's safety all vaccinations should be current.

#### Class starts November 14th.

56994	7:30 pm	Tu	ELDO	\$25(R)/\$38(N)	Strauss
-------	---------	----	------	-----------------	---------

*The Leisure Education department  
is looking for instructors to teach  
children's and fitness classes. Please call  
(480) 312-7957 if you are interested.*

## ■ Tot Classes

### BALLET AND JAZZ 3-4 YR OLDS

(45 min class) Combination class to include basic barre, floor work, fun creative movement. Jazz and ballet routines will be taught.

58283	5:30 pm	Tu	MTNV	\$32(R)/\$48(N)	Gonzalez
58284	5:30 pm	Th	MTNV	\$32(R)/\$48(N)	Gonzalez

### BALLET AND JAZZ 4-5 YR OLDS

(45 min class) Combination class to include basic barre, floor work, fun creative movement. Jazz and ballet routines will be taught.

58285	6:30 pm	Tu	MTNV	\$32(R)/\$64(N)	Gonzalez
58286	6:30 pm	Th	MTNV	\$32(R)/\$64(N)	Gonzalez



# Leisure Education Classes

RESIDENT REGISTRATION STARTS AUGUST 9TH

All classes are 12 weeks, unless noted  
**CLASSES BEGIN week of 09/18/06**  
 First fee listed is the **DISCOUNT RATE** for  
 Scottsdale Residents; second fee is actual  
 costs to be paid by registrants who do not  
 pay Scottsdale Property Taxes.

See page 4 for facility code/addresses. Age 15  
 and over unless noted in class descriptions.

## CLUB CLASSES

(2.5 hr class) For 3.5 - 5 years of age. Program is for 30 weeks starting week of September 18th and going through May 25th. Breaks will coincide with Scottsdale Unified School District Calendar Fall, Christmas and Spring breaks. Call 480 312-7957 to find out about a convient 3 payment plan. Class will offer fun activities including stories, songs, games, and arts & crafts. Children must be toilet trained. Please send a snack with your child daily.

### Chesnutt Club

56977 9:30 am M, W CHES \$412(R)/\$618(N) Flynn

### Mtn. View Fun Club

57071 9:00 am Tu, Th MTNV \$412(R)/\$618(N) TBA

### Rio Montana Club

57094 9:00 am Tu, Th RIMO \$412(R)/\$618(N) Stapleton

## H.E.R.O LITTLE DRAGON PROGRAM

(30 min, 6 week class) HERO - Helping Everyone Respect Others. For 4 - 5 yr olds. This popular 6 week program, is designed to teach individuals the basics of Martial Arts training through drills and games which will enhance fine motor skills and also instill courtesy and respect for each other. This program is excellent for building Self-Esteem, Self-Confidence and Self-Control.

57032 3:00 pm F CACT \$14(R)/\$21(N) Burch

57033 1:30 pm Sa CACT \$14(R)/\$21(N) Burch



## TAP AND BALLET 3-4 YR OLDS

(45 min, 10 wk class) Basic barre, floor work, fun creative movement, tap and ballet routines. Hard soled shoes with taps acceptable.

57128 2:00 pm Tu, Th HRZN \$62(R)/\$93(N) Martin

## TAP AND BALLET 4-5 YR OLDS

(45 min, 10 wk class) Basic barre, floor work, fun creative movement, and tap and ballet routines. Hard soled shoes with taps acceptable.

57132 2:45 pm Tu, Th HRZN \$62(R)/\$93(N) Martin

57133 3:30 pm Tu, Th HRZN \$62(R)/\$93(N) Martin

## TUMBLING 5-6 YR OLDS

(45 min, 5 wk class) This class is a great introduction into basic tumbling. It also is a great way to exert some energy in a structured yet fun environment!

58278 2:30 pm W ELDO \$30(R)/\$45(N) McGee

## Youth Classes

### CHEER AND TUMBLING

(45 min, 5 week class) For 6 - 8 yr olds. This class is a great introduction into basic tumbling and cheerleading. It also is a great way to exert some energy in a structured yet fun environment!

56972 3:15 pm W ELDO \$30(R)/\$45(N) McGee

### CHEER/TUMBLING WORKSHOP

(2 hr workshop) For 5- 8-year olds. Have you ever thought about becoming a cheerleader? You will get it all in this one-day workshop! This clinic is open to girls and boys and is jam packed with instruction in the fundamentals of cheerleading including: jumps, arm motions, dance, cheers & chants, stunting and tumbling.

**Class is on September 23rd**

56973 12:00 pm Sa HRZN \$17(R)/\$26(N) McGee

### COMBINATION DANCE - BEGINNING

(45 min class) Tap, Jazz and Ballet - all the basics for the beginning dancer. Learn basic technique and terminology for all dance forms. A great way to experience and dance the various styles.

**For 5.5 - 7 yr olds**

56984 4:15 pm Tu, Th HRZN \$62(R)/\$93(N) Martin

**For 6 - 10 yr olds**

56985 5:00 pm Tu, Th HRZN \$62(R)/\$93(N) Martin

## GOLF - JR. GOLF CLINIC AFTER SCHOOL

(1hr, 5 week class) This comprehensive program is for girls and boys ages 7-14 years old. Class will be held at the Tournament Player's Club, 17020 N. Hayden Rd. (just north of Frank Lloyd Wright Blvd. next to the Scottsdale Princess Resort). This clinic will teach short game, full swing, and on course etiquette. Please bring your own clubs. This course is not available for fee assistance.

**Class starts August 30th**

57007 4:00 pm W TPC \$117(R)/\$117(N) TPC

## GOLF - JUNIOR GOLF LESSONS

This 1 hour 5 week class will be taught by P.G.A. Professional staff at Cypress Golf Course is for ages 6-12 years old, of all skill levels. Instruction will include fundamentals, swing drill, full swing and short game instruction. Clubs and practice balls are available during class time, but please bring your own clubs if you have them.

58267 8:30 am Sa CYPR \$57(R)/\$86(N) starts 9/30

58268 8:30 am Sa CYPR \$57(R)/\$86(N) starts 11/11

## H.E.R.O CHILD PROGRAM

(30 min, 6 week class) HERO - Helping Everyone Respect Others. For 6 - 12 yr olds. This popular 6 week program is designed to introduce individuals to the basic blocks, strikes and kicks of Martial Arts training. In addition, build Self-Esteem, Self-Confidence and above all else, Courtesy and Respect for each other.

57030 3:45 pm F CACT \$14(R)/\$21(N) Burch

57031 2:15 pm Sa CACT \$14(R)/\$21(N) Burch

## KOOL KIDS GUITAR

(45 min, 9-week class) For 10 - 14 yr olds. Get into the beat and have fun playing one of the most popular instruments of today! Designed for the young Guitarist to play and sing songs they know. Music basics are learned through fun and games; music training will apply to all types of music. Guitars can be rented from your local music store.

**Class begins October 2nd**

57060 5:00 pm M CHES \$48(R)/\$72(N) Roe

57061 5:00 pm Tu CHES \$48(R)/\$72(N) Roe

## MODERN MANNERS FOR CHILDREN

(2 hr workshops) Participants will learn the proper way to handle themselves in various situations while increasing their self esteem and confidence to be successful in our modern world. The following workshops will also teach children how to make great first impressions and how to make and keep successful friendships.

**For 6-9 yr olds - Class will be held on 9/30**

57070 1:00 pm Sa ELDO \$29(R)/\$44(N) Taylor

**For 6-9 yr olds - Class will be held on 11/4**

57069 1:00 pm Sa HRZN \$29(R)/\$44(N) Taylor

**For 10-13 yr olds - Class will be held on 10/21**

57068 9:00 am Sa HRZN \$29(R)/\$44(N) Taylor

The following workshops will also cover basic dining and manners for the home and in a restaurant.

**For 6-9 yr olds - Class will be held on 9/30**

58314 3:30 pm Sa ELDO \$29(R)/\$44(N) Taylor

**For 6-9 yr olds - Class will be held on 11/4**

58316 3:30 pm Sa HRZN \$29(R)/\$44(N) Taylor

**For 10-13 yr olds - Class will be held on 10/21**

58315 11:30 am Sa HRZN \$29(R)/\$44(N) Taylor



**PIANO/KEYBOARDING**

(1 hr, 7 week class) For 6-12 year olds. From Spongebob Squarepants to Avril Lavigne and Linkin' Park; from Britney and Shakira to Blink 182 and Outkast, from Bach to Beethoven to movie themes from Harry Potter, Star Wars and Lord of the Rings. This unique award winning method teaches keyboard skills on real songs children love! The program uses brilliantly conceived visual tools that show students how music works. Learn to read music on the treble and bass clef and play chords using our exclusive chordometer in just 28 weeks! Play a favorite tune after just one lesson! After completing all four 7 week levels, students will be able to select a piece of sheet music, read the notes, and play it! Keyboards are provided for each child in class and all music materials are included at no extra charge. Call Elements Music at 623-933-0681 for more info. These courses are not available for fee assistance.

**Level 1**

57078	9:00 am	Sa	HRZN	\$116(R)/\$174(N)	Elements
-------	---------	----	------	-------------------	----------

**Level 2**

57079	10:10 am	Sa	HRZN	\$116(R)/\$174(N)	Elements
-------	----------	----	------	-------------------	----------

**POLYNESIAN DANCE FOR KEIKIS**

(45 min, 11-week class) Modern & Traditional - Hula, Tahitian and Maori will be explored. Dance your way through the islands. A fun class dancing to past and present island stories in Hawaiian, Tahitian and more.

57362	4:45 pm	Th	RIMO	\$30(R)/\$45(N)	Lawton
-------	---------	----	------	-----------------	--------

**TAP DANCE FOR KIDS/TEENS**

(45 min, 11-week class) This progressive class continues to teach technique, terminology, and style. Several styles of tap will be explored. Dance combinations taught and reviewed. Previous tap experience required to fully enjoy this class.

Intermediate level for 8 - 15 yr olds

57138	5:30 pm	Th	RIMO	\$30(R)/\$45(N)	Lawton
-------	---------	----	------	-----------------	--------

**WIGGLES & GIGGLES**

(45 min class) For 3.5 to 5 year olds. This class incorporates different types of music with a variety of movements including dance and yoga allowing kids to express themselves in a creative way.

57150	11:00 am	M	CACT	\$48(R)/\$72(N)	McIntyre
-------	----------	---	------	-----------------	----------

**YOGA FOR KIDS**

(45 min class) For 5 to 7 year olds. Although yoga has enjoyed popularity with adults for many years, it is only recently that we have come to understand how helpful it can be for children in their formative years by increasing their self-awareness, building their self esteem and strengthening their bodies. Sign up and enjoy the fun!

57164	3:15 pm	M	CACT	\$48(R)/\$72(N)	McIntyre
-------	---------	---	------	-----------------	----------

## Fall Water Conservation Workshop Series

**Workshop times: 6 to 8:30 pm**

**Location: Water Operations Building**

9312 N 94th St., Scottsdale

Call 480-312-5690 to register.

Advance registration is required and confirmations will be mailed.



### IRRIGATION TIMER, CLOCK, CONTROLLER

**Thurs, Oct 26th** - Learn how to adjust your irrigation clock during this hands-on workshop.

### LANDSCAPE WITH NATIVE PLANTS

**Wednesday, Oct 4th** - Learn how to reduce maintenance and water by using low-water-use plants.

### POTTED PLANTS IN THE LANDSCAPE

**Wednesday, Oct 18th** - Embellish your landscape by incorporating containers! Learn the basics of choosing pots and appropriate plants, putting them together, and successfully caring for them.

### REJUVENATE YOUR LANDSCAPE

**Tuesday, Oct 3rd** - Landscape architect, Judy Mielke, will discuss design ideas and tips to update the mature landscape.

### BOLD & BEAUTIFUL ACCENT PLANTS

**Tuesday, Oct 17th** - Author Mary Irish talks about adding impact to your landscape using agaves, cacti and succulents.

### COLOR YOUR WORLD WITH PLANTS

**Thursday, Oct 5th** - Learn how to use plants to fill your landscape with spectacular year-round color.

### DRIP IRRIGATION DESIGN & INSTALLATION

**Thursday, Oct 12th** - Find out how to design and install drip irrigation.

### IRRIGATION MAINTENANCE, TROUBLESHOOTING & REPAIR

**Thursday, Oct 19th** - Learn how to maintain, troubleshoot, and repair irrigation systems.

## 2006 STADIUM STARLIGHT SLEEPOVER

**Saturday-Sunday, Nov. 4th-5th**

Looking for a fun family getaway without really having to go away? Pack up your knapsack and take a trip down to Scottsdale Stadium for the 2006 Stadium Starlight Sleepover! Campers will enjoy a night under the stars filled with outdoor crafts, games, wild animals, a big screen movie, delicious food, and more!

### REGISTRATION FEES:

**\$28.00 per person**

*(includes dinner, breakfast, and camp souvenir) Kids 2 and under are free!*

For questions or more information visit the Scottsdale Stadium website at [www.ScottsdaleAZ.gov/stadium](http://www.ScottsdaleAZ.gov/stadium) or call (480) 312-2856.